

Month of October, 2009

Volume 1, Issue 2

October Observances

- * Let's Talk
- * Hygiene
- * National School Lunch

Cambridge Nutrition News



Healthy Kids Make Happy Kids

LET'S TALK !!!

One of the observances for the month of October is Let's Talk month! Communication is one of the keys to success in our children's lives. We often put them in so many extra curricular activities, they are exhausted at the end of the day and dialogue is limited. Did you know, if our kids could give up an hour of extra curricular activity to spend time talking and being with you (parents/guardian) they would take it.

Remember, kids are growing and changing everyday, developing in his/her own way emotionally and physically. Seize the moment, before you know it the kids are out of the house. Sometimes as parents, we are stumped by questions children ask and what conclusion they can or should draw from those questions. **Note: Children seek reassurance as well as information.** Here are some tips to help communicate with your children.

Door Openers

- "What do you think?"
- "That's a good question."
- "I don't know, but I'll find out."
- "I'm trying to understand what you're feeling."
- "Do you know that word means?"
- "I'm glad you told me about that."

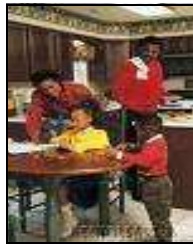
Door Slammers

- "You're too young."
- "Where did you hear that?"
- "If you say that word again, I'll ..."
- "That's none of your business."
- "I don't care what your friends are doing."
- "That's just for boys (girls)."
- "We'll talk about that when you need to know."

More Helpful Hints

- Listen more than talk.
- Focus on behaviors, not persons
- Explore feelings
- Encourage open exchange of ideas
- Encourage and receive questions
- Share values and beliefs
- Admit ignorance when appropriate and find the answer
- Keep a sense of humor

As parents, we are our children's best teachers, talk to them daily!!



Announcement

Save the date

Cambridge Marathon Kids Kick-Off October 31st



Personal hygiene - taking care of your body

When you ask your kids to wash up, you don't know if your request is going to be met with squeals of glee, or if they're going to scream bloody murder. Their reaction can be as unpredictable as the weather. But whether they like to clean up or not, the point is that they need to learn personal hygiene. Otherwise, years may pass, and you're going to find that not only is it hard to get your 11-year-old to get out of bed, but it's going to be a struggle to get him to shower, comb his hair, or brush his teeth. Save yourself the grief, and start teaching your kids good hygiene as early as possible.

Parents Time to Talk!! Ages 8yr-15yrs

Wow my little girl/boy is growing up!!

Puberty usually starts some time between age 8 and 13 in girls and 10 and 15 in guys. Some kids start a bit earlier or later,

When your body reaches a certain age, your brain releases a special hormone that starts the changes of puberty. It's called gonadotropin-releasing hormone, or GnRH for short. Let kids know, keeping your body clean is an important way of keeping your body healthy and helping you feel good about yourself. Caring about the way you look is important to your self esteem (what you think about yourself). **By the way,** you don't need to wear the latest designer clothing to look good. There are other things you can do which are much more important for your "image".

So Remember.....

- Brush teeth a least twice a day
- Love your skin-Take daily baths
- Use deodorants-Take out the sweatmizer
- Wash your hands-Avoid spreading germs
- Make sure clothes are clean and smelling fresh

National School Lunch Week October 12-16

National School Lunch Week is an observance of helping our children move to a healthier lifestyle by providing a healthy lunch meal and teaching students to make good nutrition choices.

Since Cambridge does not provide school lunch, this is a great opportunity for you (parents/guardians) to introduce or reintroduce foods to our growing finicky eaters. Instead of observing a week, we are doing the whole month. The PE department encourage all Cambridge families to join the fight in preventing childhood obesity and promote healthy eating habits for our kids.

How can we get started? The PE department releases a Cambridge Suggestion Lunch menu monthly, this month we want you to try some of the meal suggestions and vote on it.

If the meal was a **hit** with your child(ren) Vote –Yes

If the meal was a **miss** with your child(ren) Vote-No

The ballot will also have a section for comments and suggestions Your votes will determine what our future monthly menu consist of and possibly you will see some of your recipes on future menus. **THIS IS GOING TO BE GREAT FUN!!!!**

The ballots will be in the administration office (Mr. Weston), please place your votes in the National School Lunch Voting Box. Note: You can vote more than once. Results will be announced in the November newsletter.

WE NEED YOUR VOTE-JOIN US ON THE CAMPAIGN
TRAIL
CAMBRIDGE SUPPORTS HEALTHY LUNCH FOR KIDS!!



Next month issue:

- National Diabetes Awareness
- Results from School Lunch Votes
- November Cambridge Suggested Menu
- And More!!!
